

UCCOOK

Crumbed Chicken & Roast Veg

with pumpkin seeds & cucumber

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

	Per 100g	Per Portion
Energy	433kJ	2406kJ
Energy	104kcal	575kcal
Protein	6.8g	37.9g
Carbs	13g	70g
of which sugars	1.4g	8g
Fibre	1g	5.4g
Fat	2g	10.9g
of which saturated	0.5g	3g
Sodium	134mg	743mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3		[Serves 4]
750g	1kg	Roast Veg Mix
3	4	Crumbed Chicken Breasts
60g	80g	Salad Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
45ml	60ml	Lemon Juice
150ml	200ml	Chimichurri Yoghurt <i>(45ml [60ml] Pesto Princess Chimichurri Sauce & 105ml [140ml] Low Fat Plain Yoghurt)</i>
30g	40g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. MIX IT UP Coat the veg mix in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the veg mix on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. CRUMBED CHICKEN When the veg mix has 5-6 minutes to go, add the chicken and air fry until crispy. Alternatively, place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving.

3. ZESTY GREEN SALAD Place the salad leaves and cucumber into a bowl and toss with the lemon juice, a drizzle of olive oil and seasoning. Set aside.

4. WHAT A GREAT PLATE Serve the crumbed chicken with the tender mixed veg on the side. Plate the dressed salad alongside and finish with dollops of the chimichurri yoghurt. Garnish with the pumpkin seeds and dig in, Chef!